



# School Mental Health Resource & Training Center

## Uplifting Black Joy

February 2024

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting youth and families' mental health and wellness with resources and information, including those available through the Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

<a href="#">African Americans   NAMI: National Alliance on Mental Illness</a>	
<a href="#">Celebrating Black History Month   SOAR Works!</a>	
<a href="#">Black/African American   SAMHSA</a>	
<a href="#">Black History Month   Mental Health America</a>	
<a href="#">Black Mental Health Resource Guide for Black History Month</a>	
<a href="#">During Black History Month, Let's Commit Ourselves to Improving the Mental Health of Black Americans - National Council for Mental Wellbeing</a>	

### Crisis Information

- **National Suicide Prevention Lifeline:** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) **1-800-273-8255 (TALK)** Support is available in English and Spanish 24/7/365 via phone, text or [chat](#).
- **Call or text 988** - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- **SAMHSA's National Helpline :** **1-800-662-HELP (4357)/ 1-800-487-4889** Free and confidential information in English & Spanish.

Visit our website [mentalhealthEDnys.org](http://mentalhealthEDnys.org) to explore more helpful resources, webinars, and guides. Join our Newsletter and receive updates to your inbox. Need additional support? Contact us directly at [schools@mhany.org](mailto:schools@mhany.org) or call **518 - 434 -0439**.